

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.

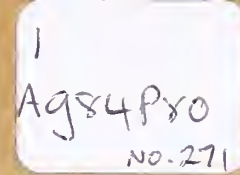


# RECIPES--TYPE A SCHOOL LUNCHES

PA-271

Supplement No. 2

U. S. Department of Agriculture



May 1957

	Card No.		Card No.
<b>Breads and Cereal Products</b>		<b>Salads</b>	
French Bread .....	B-15	Ham-Swiss Cheese Salad .....	E-22
Fruit-Nut Bread .....	B-16	Jellied Applesauce Salad .....	E-23
Hamburger Rolls .....	B-17		
<b>Fruits and Other Desserts</b>		<b>Sandwiches</b>	
Apricot-Rice Pudding .....	C-37	Fish Stick Burgers .....	G-12
Chocolate Pudding Mix .....	C-38	Peanut Butter and Dried	
Cranberry Crunch .....	C-39	Beef Filling .....	G-13
Pumpkin Custard .....	C-40		
Tropical Sherbert .....	C-41	<b>Sauces and Gravies</b>	
		Tartar Sauce .....	H-11
<b>Main Dishes</b>		<b>Soups</b>	
Barbecued Spareribs .....	D-69	Cream of Potato Soup .....	I-6
Bean Casserole .....	D-70	Ocean Perch-Tomato Soup .....	I-7
Braised Shortribs .....	D-71		
Fish Flake Shortcake .....	D-72	<b>Vegetables</b>	
Hopping John .....	D-73	Baked Sauerkraut .....	J-21
Oven-Fried Liver .....	D-74	Orange Squash .....	J-22
Pigs in Blankets .....	D-75		
Tuna Wiggle .....	D-76		



# BAKED SAUERKRAUT

Vegetables J-21

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
21 lb. 5 oz.	2-1/2 gal.	Canned sauerkraut, drained (reserve liquid)	.....	1. Fry bacon until crisp. Add onion and saute until lightly browned.
1 lb. 8 oz.	.....	Diced bacon.....	.....	
12 oz. ....	2 cups ....	Chopped onion ....	.....	
.....	1 qt. ....	Hot sauerkraut liquid	.....	2. Blend sauerkraut liquid, sugar, and tomato paste. 3. Combine bacon and sauerkraut. Add liquid and mix well.
1 lb. ....	2 cups ....	Sugar .....	.....	
2 lb. ....	3-1/3 cups	Tomato paste ....	.....	
8 oz. ....	2 cups ....	Dry bread crumbs	.....	4. Place sauerkraut in 4 baking pans (about 12 by 20 by 2 inches), about 2-3/4 quarts or 5 pounds 10 ounces per pan. 5. Combine crumbs and butter or margarine and sprinkle over the sauerkraut mixture. 6. Bake at 400° F. (hot) for 20 min- utes.
8 oz. ....	1 cup.....	Melted butter or margarine	.....	

PORTION: About 1/2 cup--provides 1/2 cup vegetable.



# ORANGE SQUASH

Vegetables J-22

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
26 lb. .... .....	3 gal. 2 cups 1-1/3 tbsp.	Mashed Hubbard squash Salt .....	..... .....	1. Blend the squash and salt. 2. Place in 4 baking pans (about 12 by 20 by 2 inches), 3 quarts 1/2 cup or 5 pounds 6 ounces per pan.
..... ..... ..... 3 oz. .... 1 lb. 4 oz.	2-1/4 qt. 2 tsp. .... 2 tbsp..... 2/3 cup .... 2-3/4 cups, packed	Orange juice ..... Lemon juice..... Grated orange rind Cornstarch ..... Brown sugar .....	..... ..... ..... ..... .....	3. Combine fruit juices, grated rind, cornstarch, sugars, and butter or margarine. Cook until thickened, stirring constantly. 4. Pour 3-1/3 cups or 1 pound 14 ounces of the sauce over each pan of squash.
1 lb. 8 oz. 12 oz. ....	3 cups ..... 1-1/2 cups	Sugar ..... Butter or margarine	..... .....	
12 oz. ...	3 qt. ....	Crushed cornflakes	.....	5. Top with cornflakes, 3 cups or 3 ounces per pan. 6. Bake at 400° F. (hot) 15 minutes or until cornflakes are brown.

PORTION: 1/2 cup--provides 1/2 cup vegetable.

## VARIATION

1. ORANGE SWEETPOTATOES: Use 28 pounds (3 gallons 2 cups) mashed sweetpotatoes in place of squash. One portion provides 1/2 cup vegetable.



OCEAN PERCH-TOMATO SOUP--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Ocean Perch-Tomato Soup Grilled Cheese Sandwich Cole Slaw Raisin Cooky Butter or Margarine 1/2 Pint Milk	Ocean Perch-Tomato Soup Asparagus Salad Lemon Refrigerator Dessert Poppy Seed Roll Butter or Margarine 1/2 Pint Milk	

# OCEAN PERCH-TOMATO SOUP

Soups (protein-rich) I-7

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
10 lb. ....	.....	Ocean perch fillets (fresh or frozen)	.....	1. Thaw frozen fillets. Cut into 1- inch pieces.
1 lb. 8 oz. 3 lb. .... 2 lb. ....	..... 2 qt. .... 2 qt. ....	Diced bacon ..... Chopped onion .... Chopped celery...	..... ..... .....	2. Fry bacon until crisp. Add onion and celery and cook until tender.
..... ..... 15 lb. .... .....	1-1/2 gal. 2 gal. .... 2-3/4 gal. .....	Water ..... Tomato juice ..... Diced raw potatoes Salt, to taste .....	..... ..... ..... .....	3. Add water, tomato juice, potatoes, and fish. Cook until potatoes are tender. Add salt to taste. 4. Serve, using an 8-ounce ladle (1 cup).

PORTION: 1 cup--provides 1 ounce cooked fish and 1/2 cup vegetable.

## VARIATIONS

1. COD-TOMATO SOUP: Use 10 pounds cod fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
2. HADDOCK-TOMATO SOUP: Use 10 pounds haddock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
3. POLLOCK-TOMATO SOUP: Use 10 pounds pollock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
4. WHITING-TOMATO SOUP: Use 10 pounds whiting fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.

(over)



# CREAM OF POTATO SOUP

Soups I-6

100 Portions		Ingredients	For____ Portions	Directions
Weights	Measures			
16 lb. ....	2 gal. ....	Chopped raw potatoes	.....	1. Cook potatoes in boiling salted water until tender. Drain and save potato water.
.....	2 gal. ....	Boiling water ....	.....	
4 oz. ....	1/2 cup....	Salt .....	.....	
.....	4 gal. ....	Potato water and milk	.....	2. Add enough milk to potato water to make 4 gallons. Heat.
1 lb. ....	2 cups.....	Butter or margarine	.....	3. Melt butter or margarine.
6 oz. ....	1 cup.....	Chopped onion....	.....	4. Add onion, and cook until transparent but not brown. Blend in the flour and stir into the hot liquid. Cook until thickened, stirring constantly.
8 oz. ....	2 cups, sifted	All-purpose flour	.....	
4 oz. ....	1 qt. ....	Chopped parsley ..	.....	5. Add potatoes and parsley. Reheat.

PORTION: 1 cup--provides 1/4 cup vegetable.

## VARIATIONS

1. APPLEDORE SOUP: Add 3 quarts tomato catsup before the final heating. One portion provides 1/4 cup vegetable.
2. CREAM OF CELERY SOUP: Use 11 pounds 4 ounces (2 gallons 3-1/4 quarts) chopped celery in place of potatoes. One portion provides 1/4 cup vegetable.



## TARTAR SAUCE

Sauces and Gravies H-11

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
2 lb. ....	1 qt. ....	Mayonnaise (card F-3)	.....	1. Combine all ingredients and chill.
4-1/2 oz.	3/4 cup ...	Chopped onion ....	.....	
3-3/4 oz.	3/4 cup ...	Chopped sweet pickle	.....	
3/4 oz. ...	3/4 cup ...	Chopped parsley ..	.....	
3-3/4 oz.	3/4 cup ...	Chopped olives ...	.....	

YIELD: 1-1/2 quarts.

PORTION: Approximately 1 tablespoon.

## QUICK TARTAR SAUCE

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
2 lb. ....	1 qt. ....	Mayonnaise (card F-3)	.....	1. Combine mayonnaise and sweet pickle relish. Chill.
1 lb. 4 oz.	2 cups ....	Sweet pickle relish, undrained	.....	

YIELD: 1-1/2 quarts.

PORTION: Approximately 1 tablespoon.

PEANUT BUTTER AND DRIED BEEF SANDWICH FILLING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Peanut Butter and Dried Beef Sandwich	Peanut Butter and Dried Beef Sandwich	
Orange Juice	Tomato Soup	
Waldorf Salad	Cheese-Apple Crisp	
Baked Caramel Custard	Butter or Margarine	
Butter or Margarine	1/2 Pint Milk	
1/2 Pint Milk		

PEANUT BUTTER AND DRIED BEEF  
SANDWICH FILLING

Sandwiches (protein-rich) G-13

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
..... 2 lb. 2 oz.	3 qt. .... .....	Boiling water.... Dried beef .....	..... .....	1. Pour boiling water over dried beef. Drain and chop.
5 lb. 12 oz.	2-1/2 qt.	Peanut butter....	.....	2. Combine peanut butter, mayonnaise, and mustard with the dried beef. Mix well.
1 lb. 14 oz.	3-3/4 cups	Mayonnaise (card F-3)	.....	3. Portion with a No. 24 scoop (2-2/3 tablespoons).
3 oz. ....	1/3 cup ...	Prepared mustard	.....	4. To prepare sandwiches see card G-1.

PORTION: 1 No. 24 scoop--provides the equivalent of 1 ounce protein-rich food.

(over)

FISH STICK BURGERS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Fish Stick Burgers	Fish Stick Burgers	
Hot Potato Salad	Orange Squash	
Sliced Tomatoes with Green Pepper Rings	Tossed Green Salad with Raw Cauliflower	
Tropical Sherbert	Butter or Margarine	
Butter or Margarine	1/2 Pint Milk	
1/2 Pint Milk		

FISH STICK BURGERS

Sandwiches (protein-rich) G-12

100 Portions		Ingredients	For____ Portions	Directions
Weights	Measures			
18 lb. 12 oz.	300.....	Precooked frozen fish sticks	.....	1. Place frozen fish sticks in a single layer in well-greased baking pans. 2. Bake at 400° F. (hot) about 15 to 20 minutes or until heated through and crisp.
1 lb. ....	2 cups ....	Butter or margarine	.....	3. Spread butter or margarine on buns. Heat buns.
.....	1-1/2 qt.	Tartar sauce (card H-11)	.....	4. Place three fish sticks on bottom half of each bun.
.....	100 .....	Round buns.....	.....	Top with approximately 1 tablespoon Tartar sauce and top half of bun.

PORTION: 1 sandwich--provides 2 ounces cooked fish.

VARIATION

1. FISH BURGERS: Use 18 pounds 12 ounces precooked frozen breaded portion fish in place of precooked frozen fish sticks. Bake at 400° F. (hot) for 20 to 25 minutes. One portion provides 2 ounces cooked fish.
- (over)



# JELLIED APPLESAUCE SALAD

Salads E-23

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb. ....	2 qt. ....	Lemon-flavored gelatin	.....	1. Dissolve flavored and un-flavored gelatin in hot water. Chill until mixture begins to thicken.
1 oz. ....	3 tbsp ....	Unflavored gelatin	.....	
.....	2 qt. ....	Hot water .....	.....	
15 lb. ....	1 gal. 2-3/4 qt.	Applesauce.....	.....	2. Add fruits and celery. 3. Pour into pans to the depth of 1 inch. Chill until set. 4. Cut and serve on lettuce or other salad greens.
4 lb. 8 oz.	2 qt. ....	Crushed pine-apple, undrained	.....	
2 lb. 8 oz.	1 qt. 2-1/2 cups	Seedless grapes, halved	.....	
2 lb. ....	2 qt. ....	Chopped celery..	.....	

PORTION: 1 piece (2-1/2 by 2-3/4 inches)--provides 1/2 cup fruit and vegetable.

## HAM-SWISS CHEESE SALAD--Continued

### SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
<p>Ham-Swiss Cheese Salad</p> <p>Cream of Tomato Soup</p> <p>Apple Dumpling</p> <p>French Bread</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	<p>Ham-Swiss Cheese Salad</p> <p>Steamed Cabbage Wedges</p> <p>Cranberry Crunch</p> <p>Whole Wheat Roll</p> <p>Butter or Margarine</p> <p>1/2 Pint Milk</p>	

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
7 lb. 8 oz.	1-1/2 gal.	Diced cooked lean smoked ham	.....	1. Combine all ingredients and mix thoroughly. Chill. 2. Portion with a No. 8 scoop (1/2 cup).
5 lb. ....	1 gal. ....	Diced Swiss cheese	.....	
4 lb. 8 oz.	3 qt. ....	Cooked rice (card B-12 or B-13)	.....	
3 lb. ....	3 qt. ....	Diced celery ....	.....	
.....	2 tbsp. ...	Chopped onion...	.....	
1 oz. ....	2 tbsp. ...	Salt .....	.....	
1 lb. 5 oz.	2-2/3 cups	Mayonnaise (card F-3)	.....	
.....	1 tbsp. ...	Prepared mustard	.....	
.....	1-1/3 cups	Lemon juice.....	.....	

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

#### VARIATION

1. HAM-CHEESE SALAD: Use 5 pounds (1 gallon) diced American cheese in place of diced Swiss cheese; or use equal amounts (6 pounds 4 ounces each) ham and cheese. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

## TUNA WIGGLE--Continued

### VARIATIONS

1. FISH FLAKE WIGGLE: Use 15 cans (14 ounces each) fish flakes in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
2. FLAKED FISH WIGGLE: Use 12 pounds 8 ounces flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
3. SALMON WIGGLE: Use 16 cans (16 ounces each) salmon, drained, in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
4. SHRIMP WIGGLE: Use 12 pounds 8 ounces cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.

### SUGGESTED MENU

Menu 1	Menu 2	Menu 3 School's Favorite
Tuna Wiggle  Tossed Green Salad with Tomatoes  Prune Crunch  Biscuit  Butter or Margarine  1/2 Pint Milk	Tuna Wiggle  Broccoli  Jellied Applesauce Salad  Crispy Cornbread  Butter or Margarine  1/2 Pint Milk	

## TUNA WIGGLE

Main Dishes (protein-rich) D-76

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	34 cans (6-1/2 or 7 oz. each)	Tuna .....	.....	1. Drain tuna. Flake.
12 oz. ....	1-1/2 cups	Butter or margarine	.....	2. Melt butter or margarine; add onion and cook until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly.
12 oz. ....	2 cups ....	Chopped onion ....	.....	
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	.....	
2-1/2 oz. .	1/3 cup ...	Salt .....	.....	
.....	2-1/2 gal.	Hot milk .....	.....	
9 lb. 10 oz.	1-1/2 gal.	Cooked green peas, drained	.....	3. Add peas and tuna to the sauce. Heat. 4. Serve on split biscuit, toasted bun, or cornbread, using a No. 6 scoop (2/3 cup).

PORTION: 2/3 cup--provides 2 ounces cooked fish and 1/4 cup vegetable.

(over)

## PIGS IN BLANKETS--Continued

### SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Pigs in Blankets Green Peas Tomato Aspic on Cress Chocolate Cream Pie Roll Butter or Margarine 1/2 Pint Milk	Pigs in Blankets Cream of Potato Soup Celery and Carrot Sticks Orange Roll Butter or Margarine 1/2 Pint Milk	

# PIGS IN BLANKETS

Main Dishes (protein-rich) D-75

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	8 cakes ...	Compressed yeast	.....	1. Prepare dough (card B-17). Follow directions given for Step 1 through Step 5. 2. Punch down. Divide dough into 2-ounce balls.
.....	<u>or</u>	<u>or</u>	.....	
.....	8 packages	Active dry yeast..	.....	
.....	2 qt. 1/2 cup	Lukewarm water..	.....	
About 7 lb.	About 7-1/4 qt., sifted	All-purpose flour	.....	
4 oz.				
7 oz. ....	1-3/4 cups	Nonfat dry milk...	.....	
8 oz. ....	1 cup.....	Sugar.....	.....	
1-3/4 oz.	3-2/3 tbsp.	Salt .....	.....	
8 oz. ....	1 cup.....	Melted shortening	.....	
12 lb. 8 oz.	100.....	Frankfurters .....	.....	3. Roll out the 2-ounce balls and wrap one piece of dough around each frankfurter. Pinch edges of dough together to seal. 4. Place on greased sheet pans and let rise in a warm place until almost doubled in volume (about 30 minutes). 5. Bake at 400° F. (hot) 14 minutes.

PORTION: 1 roll--provides 2 ounces cooked lean meat.

(over)

OVEN-FRIED LIVER--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Oven-Fried Liver	Oven-Fried Liver	
Steamed Potato in Jacket	Corn O'Brien	
Tossed Green Salad with Spinach	Orange and Grapefruit Salad	
Raisin Cookies	Creamy Rice Pudding	
Rye Bread	Bread	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

# OVEN-FRIED LIVER

Main Dishes (protein-rich) D-74

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb. ....	100 slices (about 3 oz. each)	Beef liver.....	.....	1. Skin liver and roll it in the flour and salt which have been sifted together.
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	.....	
1 oz. ....	2 tbsp. ...	Salt .....	.....	
1 lb. ....	2 cups ....	Melted fat or oil	.....	2. Place on greased baking sheets (16 by 25 by 1 inch). 3. Pour fat or oil over liver and bake at 400° F. (hot) 15 minutes.

PORTION: 1 slice--provides 2 ounces cooked lean meat.

(over)

HOPPING JOHN--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Hopping John  Cole Slaw  Cheese-Apple Crisp  Cornbread  Butter or Margarine  1/2 Pint Milk	Hopping John  Kale or Other Greens  Turnip Sticks  Peanut Butter-Raisin Cookies  Bread  Butter or Margarine  1/2 Pint Milk	

HOPPING JOHN

Main Dishes (protein-rich) D-73

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
6 lb. ....	1 gal. ....	Dry blackeye peas	.....	1. Sort and wash peas. Bring water to boiling and add peas and salt. Boil 2 minutes; remove from the heat and let soak 1 hour. If more convenient, soak peas over night after the 2-minute boil.
.....	1-3/4 gal.	Water .....	.....	
1 oz. ....	2 tbsp. ...	Salt .....	.....	
3 lb. ....	.....	Bacon, cut in 1-inch pieces	.....	2. Cook bacon until crisp. Add green pepper and cook slightly. 3. Add bacon mixture and salt to the peas. Cook until peas are tender, about 25 minutes.
7 oz. ....	1-3/4 cups	Chopped green pepper	.....	
1-1/4 oz.	2-2/3 tbsp.	Salt .....	.....	
3 lb. 12 oz.	2-1/2 qt.	Cooked rice (card B-12 or B-13)	.....	4. Combine rice with peas. 5. Simmer until mixture is thickened.

PORTION: 1/2 cup--provides about 1/4 cup cooked dry peas.

(over)

FISH FLAKE SHORTCAKE--Continued

VARIATIONS

- 1. PACIFIC SARDINE SHORTCAKE: Use 14 cans (15 ounces each) Pacific sardines, drained, in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- 2. SALMON SHORTCAKE: Use 12 cans (16 ounces each) salmon, drained, in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- 3. SHRIMP SHORTCAKE: Use 9 pounds 8 ounces cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
- 4. TUNA SHORTCAKE: Use 26 cans (6-1/2 or 7 ounces each) tuna, drained, in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Fish Flake Shortcake	Fish Flake Shortcake	
Green Beans	Grapefruit Juice	
Raw Cauliflower	New Beets and Greens	
Pear or Other Fruit	Carrot Sticks	
Biscuit	Toasted Bun	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

# FISH FLAKE SHORTCAKE

Main Dishes (protein-rich) D-72

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	11 cans (14 oz. each)	Fish flakes .....	.....	1. Separate fish flakes.
12 oz. ....	1-1/2 cups	Butter or margarine	.....	2. Melt butter or margarine; add onion and cook until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend well. 3. Blend fish flakes into the sauce. Add salt to taste. Heat.
12 oz. ....	2 cups ....	Chopped onion ....	.....	
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	.....	
.....	1-3/4 gal.	Hot milk .....	.....	
1 lb. 8 oz.	1-1/2 qt.	Grated cheese ....	.....	4. Serve on split biscuit, toasted bun, or cornbread, using a 4-ounce ladle (1/2 cup). Garnish with a slice of egg.
.....	.....	Salt, to taste .....	.....	
.....	12 .....	Hard-cooked eggs, sliced	.....	

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

BRAISED SHORT RIBS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Braised Short Ribs	Braised Short Ribs	
Green Asparagus	Sliced Tomatoes with Green Pepper Rings	
Steamed Rice	Parsley Potatoes	
Tangerine or Other Fruit	Sugar Cooky	
Hard Roll	Bread	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

# BRAISED SHORT RIBS

Main Dishes (protein-rich) D-71

100 Portions		Ingredients	For____ Portions	Directions
Weights	Measures			
50 lb. ....	200 pieces (4 oz. each)	Short ribs.....	.....	1. Roll short ribs in flour and salt which have been sifted together. Place in 4 baking pans (about 12 by 20 by 2 inches).  2. Add water, cover pans, and bake at 350° F. (moderate) 2 hours. Remove cover and bake 30 minutes longer, or until meat is tender and brown.
12 oz. ....	3 cups, sifted	All-purpose flour	.....	
1-1/4 oz.	2-2/3 tbsp.	Salt .....	.....	
.....	1-1/2 qt.	Water .....	.....	

PORTION: 2 pieces (about 5-3/4 ounces cooked)--provides 2 ounces cooked lean meat.

(over)

BEAN CASSEROLE--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Bean Casserole	Bean Casserole	
Brussels Sprouts	Tossed Green Salad with Spinach	
Carrot Strips	Apricot Crisp	
Cherry Pie	Whole Wheat Bread	
Cornmeal Muffin	Butter or Margarine	
Butter or Margarine	1/2 Pint Milk	
1/2 Pint Milk		

# BEAN CASSEROLE

Main Dishes (protein-rich) D-70

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
6 lb. .... ..... 2 oz. ....	3-3/4 qt.  2 gal. .... 1/4 cup...	Large dry lima beans Water ..... Salt .....	..... ..... .....	1. Soak and cook beans (card D-1). Drain; reserve the liquid.
7 lb. 8 oz. 2 lb. 8 oz. 2-1/2 oz.	..... 1 qt. 2-2/3 cups 1/3 cup...	Ground beef ..... Chopped onion... Salt .....	..... ..... .....	2. Combine beef, onion, and salt. Brown in oven at 400° F. (hot) for 20 minutes.
5 lb. 8 oz. ..... .....	2-1/2 qt. 1/4 cup... 1 qt. ....	Condensed tomato soup Worcestershire sauce Bean liquid .....	..... ..... .....	3. Combine beef mixture, beans, Worcestershire sauce, tomato soup, and bean liquid. 4. Pour mixture into 4 baking pans (about 12 by 20 by 2 inches), about 3-1/2 quarts or 7 pounds 10 ounces per pan. 5. Bake at 400° F. (hot) about 30 minutes or until mixture is thickened.

PORION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

<p>             pork neck bones, cut in pieces about 7              ounces 2 ounces cooked lean meat.           </p>	
<p>             School's Favorite              Menu 3           </p>	<p>             with           </p>

nued

VARIATION

ONES: Use 45 pounds pork neck bones, cut in pieces about 7  
 eribs. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

<p>             Menu 2                Barbecued Spareribs                Whole Kernel Corn                Tossed Green Salad with              Tomatoes                Tapioca Pudding                Bread                Butter or Margarine                1/2 Pint Milk           </p>	<p>             Menu 3              School's Favorite           </p>
--	--

# BARBECUED SPARERIBS

Main Dishes (protein-rich) D-69

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
45 lb. ....	100 pieces (about 7 oz. each)	Spareribs .....	.....	1. Place ribs in pans and cover. 2. Bake at 350° F. (moderate) for 1-1/2 hours, or until tender.
2 lb. .... 12 oz. ....	1-1/2 qt. ... 2-1/4 cups	Chopped onion .... Chopped green pepper	..... .....	3. Cook vegetables in butter or margarine for 5 minutes.
12 oz. .... 8 oz. ....	3 cups ..... 1 cup .....	Chopped celery ... Butter or marga- rine	..... .....	
8 oz. .... ..... ..... ..... .....	1 cup ..... 1 cup ..... 1-1/4 cups 2 qt. .... 1/2 cup ....	Sugar ..... Vinegar ..... Lemon juice ..... Tomato catsup.... Worcestershire sauce	..... ..... ..... ..... .....	4. Add remaining ingredients and simmer 10 minutes. 5. Pour 1/4 cup sauce over each portion of meat. Bake uncovered at 350° F. (moderate) for 30 minutes.
..... .....	3 tbsp. .... 1 qt. ....	Powdered dry mustard Water .....	..... .....	

PORTION: 1 piece (about 6 ounces cooked)--provides 2 ounces cooked lean meat.

(over)



# TROPICAL SHERBERT

## Fruits and Other Desserts C-41

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 oz. .... .....	3/4 cup ... 1/2 cup . . .	Unflavored gelatin Cold water .....	..... .....	1. Soften gelatin in cold water.
4 lb. .... .....	2 qt. .... 3-1/2 cups	Sugar ..... Boiling water....	..... .....	2. Combine sugar and boiling water and heat until sugar is dissolved. 3. Add gelatin to the hot sirup and stir until dissolved. Cool.
..... 3 lb. ....	3 tbsp. ... 1-1/4 qt.	Lemon juice .... Orange concen- trate	..... .....	4. Mix fruits with dry milk and water. Beat to blend.
9-1/2 oz. 9-3/4 oz. 1 lb. 10 oz. .....	1 cup ..... 1 cup ..... 1 qt. 2-1/2 cups 1 gal. 2- 1/2 qt.	Apricot puree ... Mashed bananas Nonfat dry milk.. Cold water .....	..... ..... ..... .....	5. Stir sirup mixture into fruit mixture. (Makes 3-1/4 gallons mix.) 6. Pour mixture into freezer can. (Fill only 2/3 full to allow for expansion.) 7. Freeze, using 9 gallons chipped ice and 2-1/4 quarts ice cream salt. (16 parts chipped ice to 1 part ice cream salt by measure.)

PORTION: 1/2 cup.



# PUMPKIN CUSTARD

Fruits and Other Desserts C-40

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
10 lb. ....	1 gal. 2-1/4 cups	Mashed cooked pumpkin	.....	1. Heat pumpkin in the milk.
.....	1 gal. 2 cups	Hot milk.....	.....	
.....	1-3/4 qt. (36)	Eggs, beaten.....	.....	2. Blend eggs, sugars, flour, salt, and spices. 3. Pour pumpkin mixture into egg mixture and mix well. 4. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 3 quarts 1/2 cup or 7 pounds 2 ounces per pan. 5. Bake at 325° F. (slow) 45 minutes or until custard is set.
3 lb. ....	1-1/2 qt.	Sugar.....	.....	
2 lb. 8 oz.	1 qt. 1-1/2 cups, packed	Brown sugar .....	.....	
6 oz. ....	1-1/2 cups, sifted	All-purpose flour	.....	
1 oz. ....	2 tbsp. ...	Salt .....	.....	
1/2 oz. ....	2 tbsp. ...	Cinnamon.....	.....	
1/4 oz. ....	1 tbsp. ...	Nutmeg .....	.....	
.....	1-1/3 tbsp.	Allspice .....	.....	

PORTION: 1 piece (2-1/2 by 2-3/4 inches).

## VARIATION

1. PUMPKIN PIE: Pour mixture into 15 unbaked 9-inch pie shells (card C-20), about 3-1/4 cups or 1 pound 14 ounces per shell. Bake at 375° F. (moderate) about 40 minutes or until custard is set. Portion: 1/7 pie.



# CRANBERRY CRUNCH

Fruits and Other Desserts C-39

100 Portions		Ingredients	For— Portions	Directions
Weights	Measures			
4 lb. .... ..... 4 lb. ....	2 qt. .... 2 qt. .... 1 gal. ...	Sugar..... Water ..... Whole cranberries	..... ..... .....	1. Boil sugar and water for 5 minutes. 2. Add cranberries and boil 5 minutes longer. Remove from heat. Cool.
7 lb. ....	1 gal. 2 cups	Chopped unpeeled apples	.....	3. Stir apples into cranberry sauce. Pour mixture into 2 pans (about 12 by 20 by 2 inches), 3 quarts or 6 pounds 14 ounces per pan.
1 lb. 12 oz. 12 oz. ....	1-3/4 qt. 3 cups, sifted	Rolled oats ..... All-purpose flour	..... .....	4. Combine oats, flour, sugar, and butter or margarine and mix until crumbly.
2 lb. 4 oz. 1 lb. 8 oz.	1-1/4 qt., packed 3 cups ...	Brown sugar ..... Melted butter or margarine	..... .....	5. Sprinkle one half of the mixture (about 2 quarts or 3 pounds) over each pan of apple-cranberry mixture. 6. Bake at 350° F. (moderate) 1 hour.

PORTION: 1 piece (2-1/2 by 2 inches)--provides 1/4 cup fruit.



# CHOCOLATE PUDDING

## CHOCOLATE PUDDING MIX

Fruits and Other Desserts C-38

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb. ....	1-1/2 qt. ..	Sugar.....	.....	1. Sift ingredients together 3 times or blend 10 minutes in mixer on low speed, using the whip. 2. Store in a tightly covered container in a cool place until needed.  YIELD: 7 pounds 8 ounces (1 gallon 1-1/4 quarts).
2 lb. 8 oz.	2-1/2 qt. ..	Nonfat dry milk	.....	
1 lb. 4 oz.	1-1/4 qt. ..	All-purpose flour	.....	
.....	1-1/3 tbsp.	Salt .....	.....	
12 oz. ....	3 cups .....	Cocoa .....	.....	

## CHOCOLATE PUDDING (using chocolate pudding mix)

7 lb. 8 oz.	1 gal. 1-1/4 qt.	Pudding mix.....	.....	3. Combine pudding mix with water in top of double boiler. Cook over hot water until thickened, stirring constantly. 4. Beat about 1 quart of hot mixture into the eggs; then blend this slowly into remaining hot mixture. 5. Cook over hot water about 5 minutes, stirring constantly. Add butter or margarine. Remove from heat. Add vanilla. Blend well and cool.
.....	2-1/2 gal.	Warm water.....	.....	
.....	2 cups (10)	Eggs, beaten....	.....	
12 oz. ...	1-1/2 cups	Butter or margarine	.....	
.....	2 tbsp. ....	Vanilla .....	.....	

PORTION: 1/2 cup.

## VARIATION

1. CARMEL PUDDING: Use 3 pounds 10 ounces (2 quarts, packed) brown sugar in place of granulated sugar. Omit cocoa.



# APRICOT-RICE PUDDING

Fruits and Other Desserts C-37

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
4 lb. 2 oz. ..... 3 lb. ....	About 3 qt. 3-3/4 qt. 1-1/2 qt.	Dried apricots.. Water ..... Sugar.....	..... ..... .....	1. Simmer apricots in water until tender (20 to 40 minutes). 2. Drain the fruit and save the juice.
				3. Chop apricots, mix with sugar, and let stand for 10 minutes.
..... 6 lb. ....  1/2 oz. ... .....	1 gal. .... 1 gal. ....  1 tbsp. ... 1 qt. (20)	Apricot juice and milk Cooked rice (card B-12 or B-13) Salt ..... Eggs, beaten...	..... .....  ..... .....	4. Combine all ingredients. 5. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 2-3/4 quarts or 6 pounds 8 ounces per pan. 6. Bake at 325° F. (slow) for 25 minutes or until the pudding is firm.

PORTION: 1/2 cup--provides 1/4 cup fruit.

# FRENCH BREAD

## Breads and Cereal Products B-15

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	10 cakes...	Compressed yeast	.....	<u>Mixer Method</u> (To mix by hand see note, card B-11.) 1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes.
.....	<u>or</u>	<u>or</u>	.....	
.....	10 packages	Active dry yeast..	.....	
.....	3 qt. 1/2 cup	Lukewarm water..	.....	
About 11 lb. 4 oz.	About 2 gal. 3-1/4 qt., sifted	All-purpose flour	.....	2. Sift dry ingredients, saving out 1 quart of flour. Add dry ingredients with shortening to yeast mixture.
6 oz. ....	3/4 cup ...	Sugar.....	.....	3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough.
2 oz. ....	1/4 cup ...	Salt .....	.....	4. Form dough into a smooth ball. Place in a greased bowl and turn dough to grease top.
5 oz. ....	2/3 cup ...	Shortening .....	.....	5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours).

(over)

FRENCH BREAD--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				6. Punch down. Cut into 10 portions (1 pound 13 ounces). Cover and let rest on table top for about 10 minutes.
				7. Roll each piece of dough into a 12-by 15-inch rectangle. Roll dough up tightly as for jelly roll; seal well. Place on greased sheet pans.
				8. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).
.....	1/4 cup (2)	Egg whites, slightly beaten	.....	9. Mix egg white and water.
.....	2 tbsp. ....	Water.....	.....	10. Using scissors, cut a slit in each loaf every 2-1/2 inches. Brush each loaf with egg white mixture.
				11. Bake at 400° F. (hot) 25 minutes.
				12. Slice in 10 pieces (half-way through the loaf), brush each slice with melted butter. Reheat loaf in oven at 400° F. (hot) for 10 minutes. Serve hot.

YIELD: 10 loaves, 1-pound 9-ounces each.  
PORTION: 1 slice.

# FRUIT-NUT BREAD

Breads and Cereal Products B-16

100 Portions		Ingredients	For____ Portions	Directions
Weights	Measures			
1 lb. .... 1 lb. .... .....	3 cups .... 3 cups .... 1-1/2 qt. .	Dried apricots.... Raisins ..... Hot water .....	..... ..... .....	1. Soak apricots and raisins in hot water for 30 minutes. Drain and save liquid for later use. Chop fruit fine in food chopper.
..... .....	1 tbsp. .... 1-1/2 cups	Orange rind, grated Orange juice .....	..... .....	2. Add orange rind, juice, and drained liquid to chopped fruit.
2 lb. 4 oz. 6 oz. .... .....	4-1/2 cups 3/4 cup ... 1 cup (5) ..	Sugar..... Shortening ..... Eggs, beaten.....	..... ..... .....	3. Stir sugar, shortening, and eggs into the fruit mixture. Blend thoroughly.
3 lb. 12 oz. ..... 3 oz. .... ..... 1 lb. ....	3-3/4 qt., sifted 1-1/2 tsp. 1/2 cup ... 2 tbsp. ... 1 qt. ....	All-purpose flour Salt ..... Baking powder.... Soda ..... Chopped nuts .....	..... ..... ..... ..... .....	4. Sift together the flour, salt, baking powder, and soda. Combine with the fruit mixture. 5. Add nuts and blend well. 6. Pour into 6 greased loaf pans (10 by 4 inches), 1 quart or 2 pounds 5 ounces per pan. 7. Bake at 350°F. (moderate) for 1 hour.

YIELD: 6 loaves, 2-pounds 3-ounces each.

PORTION: 2 slices.

POR TION: 1 slice.

HAMBURGER ROLLS--Continued

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
				6. Punch down. Divide dough into 2-ounce balls. Roll or shape into flat rolls 3 inches in diameter. (See note.)
				7. Place on greased sheet pans and let rise in a warm place (about 85° F.) until almost doubled in volume (about 30 minutes).
				8. Bake at 400° F. (hot) 12 minutes.

PORTION: 1 roll.

Note: Rolls may be placed on greased sheet pan and shaped by placing another sheet pan on top to flatten. Remove top pan and place rolls in warm place to rise.

## HAMBURGER ROLLS

## Breads and Cereal Products B-17

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
.....	8 cakes ... <u>or</u>	Compressed yeast <u>or</u>	.....	<u>Mixer Method</u> (To mix by hand see note, card B-11.) 1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes.
.....	8 packages	Active dry yeast ..	.....	
.....	2 qt. 1/2 cup	Lukewarm water ..	.....	
About 7 lb. 4 oz.	About 7- 1/4 qt., sifted	All-purpose flour	.....	2. Sift dry ingredients, saving out 1 quart of flour. Add dry ingredients with shortening to yeast mixture. 3. Mix 15 to 20 minutes at low speed, using the dough hook, until dough is smooth and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough. 4. Form dough into a ball. Place in a greased bowl and turn dough to grease top. 5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours).
7 oz. ....	1-3/4 cups	Nonfat dry milk ..	.....	
8 oz. ....	1 cup .....	Sugar .....	.....	
1-3/4 oz.	3-2/3 tbsp.	Salt .....	.....	
8 oz. ....	1 cup .....	Melted shortening	.....	

(over)